



Spinach and Rice with Almonds

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



14 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 oz pkt spinach frozen thawed drained chopped
- 1 Tbsp oil
- 0.5 cup onions chopped
- 6 oz seasoned and rice pilaf mix long-grain wild
- 0.3 cup planters slivered almonds toasted
- 2 cups water

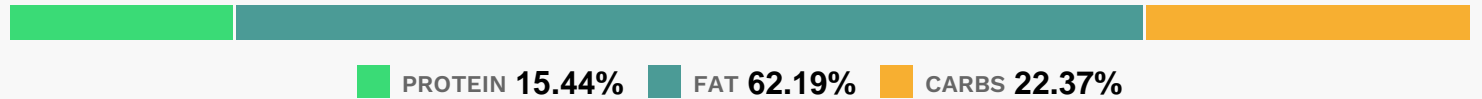
Equipment

- frying pan

Directions

- Cook and stir onions in hot oil in large skillet on medium heat 2 min. or until tender.
- Add spinach and rice; mix well. Cook 2 min.
- Add water and contents of seasoning packet; stir. Bring to boil; cover. Simmer on medium-low heat 18 to 20 min. or until liquid is absorbed.
- Stir in nuts; cook until heated through, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:2.49, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:3.2673912851707%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 13.63kcal (0.68%), Fat: 0.96g (1.48%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.2g (0.22%), Cholesterol: 0mg (0%), Sodium: 6.87mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Vitamin K: 30.43µg (28.98%), Vitamin A: 949.85IU (19%), Manganese: 0.09mg (4.31%), Vitamin E: 0.57mg (3.79%), Folate: 12.63µg (3.16%), Magnesium: 9.26mg (2.32%), Vitamin B2: 0.03mg (1.79%), Fiber: 0.4g (1.61%), Calcium: 14.44mg (1.44%), Copper: 0.03mg (1.28%), Potassium: 39mg (1.11%), Iron: 0.2mg (1.1%)